Send your letter in Iowa United States

Four steps. You can use the Word letter in this folder; the yellow fields are the only details you need to add.

01 Find your representative

Use the official parliament, Congress or electoral link below. Choose the member for your home address, constituency, state or territory.

02 Complete the Word letter

Open the .docx file in this folder. Replace every yellow field with your representative's name and your own full postal address, name and email. Read it once in your voice.

03 Attach the evidence PDF

Attach ADCN_Tirana_13_October_2026_Evidence_Brief.pdf from the Evidence folder. The PDF has credited images, direct report links and a short verification note. Do not add private witness details without consent.

04 Send and follow up

Use the member's official email or contact form. Save your sent message. If there is no acknowledgement after three working days, follow up and ask what action was taken and when you can expect a reply.

OFFICIAL LOOKUP AND CONTACT

www.house.gov/representatives/find-your-representative

www.senate.gov/senators/senators-contact.htm